

## 2012 AFM Hal Higdon Novice Half Marathon Training Plan

Week	Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	25-Jun	Stretch & Strengthen	3m run	2m run or cross	3m run + strength	Rest	30min cross	4m run
2	2-Jul	Stretch & Strengthen	3m run	2m run or cross	3m run + strength	Rest	30min cross	4m run
3	9-Jul	Stretch & Strengthen	3.5m run	2m run or cross	3.5m run + strength	Rest	40min cross	5m run
4	16-Jul	Stretch & Strengthen	3.5m run	2m run or cross	3.5m run + strength	Rest	40min cross	5m run
5	23-Jul	Stretch & Strengthen	4m run	2m run or cross	4m run + strength	Rest	40min cross	6m run
6	30-Jul	Stretch & Strengthen	4m run	2m run or cross	4m run + strength	Rest or Easy Run	Rest	5-K race
7	6-Aug	Stretch & Strengthen	4.5m run	3m run or cross	4.5m run + strength	Rest	50min cross	7m run
8	13-Aug	Stretch & Strengthen	4.5m run	3m run or cross	4.5m run + strength	Rest	50min cross	8m run
9	20-Aug	Stretch & Strengthen	5m run	3m run or cross	5m run + strength	Rest or Easy Run	Rest	10-K race
10	27-Aug	Stretch & Strengthen	5m run	3m run or cross	5m run + strength	Rest	60min cross	9m run
11	3-Sep	Stretch & Strengthen	5m run	3m run or cross	5m run + strength	Rest	60min cross	10m run
12	10-Sep	Stretch & Strengthen	4m run	3m run or cross	Rest	Rest	<b>AFM Half Marathon</b>	walk

For more details visit <http://halhigdon.com/training/51131/Half-Marathon-Novice-1-Training-Program>

*It is wise to consult your doctor before starting a new exercise program.*